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Bangalore Mirror

TEMP Max 31 | Min 20 | Humidity 40% Mostly clody Sensex 57,863 | Nifty 17,287 | Gold 51,617 | Silver 68,517 | Dollar 75.87 | Euro 83.83 | GBP 99.46

How mounting garbage woes, uncertain investments, power cost hiccups, and at times, BBMP's inability to secure contractors, are spoiling Bengaluru's waste-to-energy plan

NO ENERGY OFF WASTE

In 2020, BBMP had announced six units

| Garima Prasher
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TWEETS @BangaloreMirror

The Bruhat Bengaluru Mahanagara Palike's (BBMP) ambitious waste-to-energy plants are still a distant dream as garbage management issues continue to plague Bengaluru.

In 2020, Palike had announced the establishment of six waste-to-energy units in and around the city. None of the units have seen the light of day.

A 14.5 MW plant in Kannahalli was expected to process 1,000 MT of mixed waste per day. In Doddabidarakallu, a 2 MW unit was to convert 100 MT of mixed waste into energy every day.

Back then, the BBMP had also proposed to partner with Firmgreen Enterprises and NEG to establish two different plants at Mavallipura to process 1,600 MT of mixed waste. One was expected to process 1,000 MT to produce

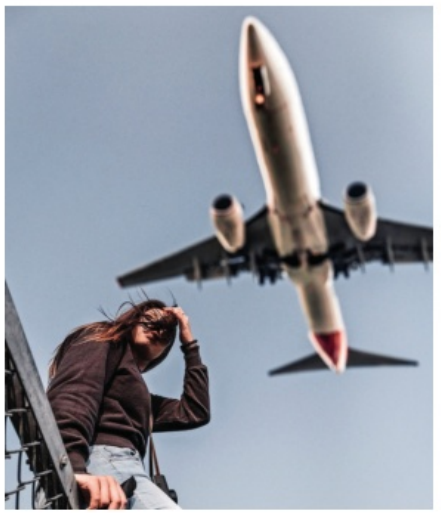
CONTINUED ON PAGE 6 »

"Kannahalli plant started functioning in June 2021; it has been converting waste to compost. It could never reach the waste-to-energy stage..."

— Harish Kumar K, special commissioner, SWM, BBMP

Hitchhiker's guide to Bengaluru airport

Absence of affordable bus services force many to depend on a 'lift' to KIA



| Sridhar.Vivan@timesgroup.com

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Every day, hundreds take BMTC buses to reach Kempegowda International Airport (KIA). However, not everyone — especially those working at the airport — wants to take the Vayu Vajra service as ticket prices are quite expensive compared to the regular BMTC service.

Now, there is a glimmer of hope as BMTC has decided to increase the number of BMTC services towards Devanahalli. However, the question is how to travel the five-kilometre stretch from Trumpet Interchange to KIA.

In its bid to expand its network to the nearby towns, the BMTC has now opened a bus depot in Devanahalli. In phase one, BMTC will be operating many buses between Devanahalli to Kempegowda Bus Station, KR Market and Shivajinagar terminus. These buses will have a stop at the Trumpet Interchange where those heading towards the airport can get down.

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Press play

The pandemic restricted children to indoor activities for two years. Let your children come out of their shells with Summer Express, an in-person theatre workshop!
Where: Ranga Shankara
When: April and May
Details: Drop by Ranga Shankara

02 Shop till ya drop

Hi Life Exhibition, one of the most exciting and exclusive fashion exhibitions of India with exclusive designs of haute couture, personal style, home décor and luxury products, is back in the city. The top renowned designers from across India will be showcasing some of their best designer works of art, from wedding ensembles, designer apparels and jewellery to fashion accessories, home accessories to furnishing concepts to new-age art.
Where: The Lalit Ashok, Seshadripuram
When: March 21, 10am – 8pm

03 Mic drop moments

Frontrow is organising open mic sessions, twice everyday. Do you have a special talent for jokes? Here's your chance to try your best jokes out in front of a live audience.
Book your virtual seats now and get ready to laugh or make people laugh. Each session will last one hour and 15 minutes. This could be the place to crack open your most iconic mic drop moments.
When: At 8 and 10 pm
Where: Online
Register: bookmyshow.com
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TAKE ME TO THE RIVER

City-based company's map of Arkavathi River basin to enable public to view dams, polluted river stretches, STPs and so much more

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A comprehensive and analytical map of the Arkavathi River basin incorporating multiple data points will be soon available to the public. This will enable river and lake activists to see the bigger picture. This is expected to be the first of many river maps that will help in driving towards holistic and data-driven decisions.

Striving towards a data-centric approach over hearsay, three Bengaluru women managed to build a holistic map of the river basin realising the dearth of platforms that provide such data-supported information.

The project was started by Dr Nidhi Paliwal, Nirmala Gowda and Madhuri Mandava of PaniEarth roughly eight months ago. As a self-funded initiative, they walked into departments, filed RTIs and collated maps from different government departments. Once collected the trio had to channel the data into a more user-friendly map that would keep it more accessible.

Former lifeline of Bengaluru, Arkavathi started nearing its end with rampant urbanisation and pollution in the 1980s. Later the city moved to Cauvery for its drinking water needs but history is being repeated once again. The map is also an attempt to stop rivers from getting destroyed one after another by visualising the history of water bodies.

"This map is going to be highly useful for citizens and water body activists. The map provides data points from multiple departments. Using geo-spatial tools and Google Earth engine data set, we were able to integrate several maps into one holistic map.

Arkavathi river's depletion began in the 1980s with rampant urbanisation and rising pollution

> **Using geo-spatial tools and Google Earth engine data set, we were able to integrate several maps into one holistic map**
> –Nirmala Gowda, PaniEarth

In addition, we also provide analysis of the river basin based on these data points," said Gowda.

Gowda pointed out 25 per cent of the city lies in the river's basin and 81 per cent of the population residing in that 25 per cent is contributing to pollution of Arkavathi and Vrishabhavathi rivers.

She said their map will enable the development of broader and micro-level problem statements. "Most of the water-body works happen hand-in-hand with multiple departments. But they tend to work in silos. Sometimes even strong orders from the NGT fail in implementation. This is a simpler effort to make decisions based on scientific analysis and government data. It's also an attempt to showcase that problems of a river don't end at the administrative boundaries," said Dr Paliwal.

The maps allow users to view dams with storage capacities, industrial clusters. polluted river stretches, STPs, common industrial effluent treatment plants, landfills, forests, protected areas, hydropower plants, pollution, groundwater status, quarries and more.

"The greatest challenge was to source all these maps from different government agencies. We had to learn about remote sensing and geo-spatial technologies from scratch. Sourcing data was an excruciating task with little or less cooperation from these agencies. Some departments even asked us to pay for the data but we are just a self-funded initiative. This is when a particular google earth data came in handy. We found data sets that were already integrated with IMD data that could be extracted. We found 40 years of rainfall data available to the public and based on that we were able to make inferences about Bengaluru's average rainfall," added Dr Paliwal.

Further, the team is planning to develop more such maps for other rivers starting with Vrishabhavathi. They are also in the process of mapping lakes and stormwater drains to assess encroachments and connections with the downstream rivers and lakes.

"It will help in creating awareness about various water sources surrounding Bengaluru. People are mostly unaware of water sources other than Cauvery. This will highlight the pollution of local water bodies," said veteran lake activist V Ram Prasad. He added that if this map is backed with reference maps and could be used as a valid document in court.

Hijab row: Judges will get Y security, says CM

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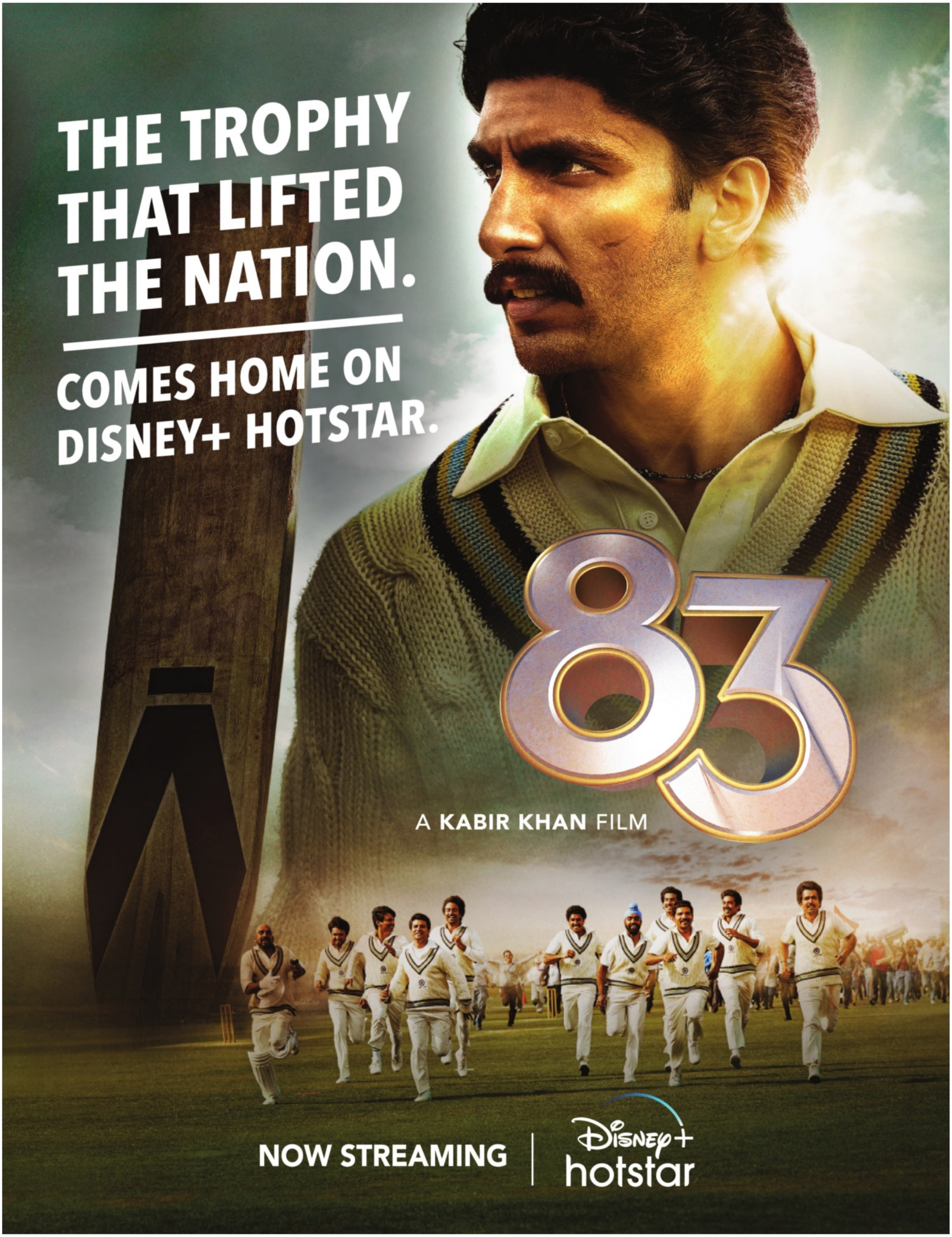
Karnataka Chief Minister Basavaraj Bommai said that the three High Court judges who delivered Hijab verdict will be provided with Y-category security. Anti-national forces who pose a challenge to the nation's system of law and order cannot be tolerated, he said.

He told mediapersons that death threats against three Judges of Karnataka High Court, including the Chief Justice, have been received from Tamil Nadu. "A case has been registered in this regard. Everyone should accept the Court's verdict. There are provisions for filing review petitions if some people

are not satisfied with the judgement. Despite the provisions, disruptive forces are inciting people to rise against the system."

The Bar Council of Karnataka High Court too has filed a case at Vidhana Soudha police station. "This case has been taken up very seriously. I have instructed the State Director General of Police to start the investigation immediately. Orders have been issued to get their custody to bring them to the State and take stringent legal action against the accused," Bommai said.

Commenting on a bus accident that recently took place at Pavagada in Tumakuru district, Bommai said, instructions have been issued to check overcrowding in buses during school and college hours. "Licences of such buses would be cancelled. Intensive checking of buses for overcrowding would be conducted in such routes. The state government would bear the entire treatment cost of the injured. They will be shifted to Bengaluru if needed for best treatment."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A dark cause for concern

Streetlights are integral to women's safety, yet 23 per cent audited public spaces in Malleswaram, 50 per cent in Mahadevapura lack proper lighting

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Streetlights play a vital role in preventing incidences of gender-related violence. According to a public safety audit, 23 per cent of the audited public spaces in Malleswaram need streetlights and only 50 per cent of the audited public spaces in Mahadevapura were found to be well-lit.

Constituency Public Place Safety Audit Report was conducted in two constituencies, Mahadevapura and Malleswaram. Between 2021 and 2022, 260 public spaces and 109 streets were audited. The focus was on eight public places frequented by women, including Anganwadi Kendra, bus stops, markets, parks, PHCs, police stations, and public toilets.

The analysis of the data collected from eight wards in Mahadevapura and seven wards of Malleswaram showed both constituencies require immediate improvements in areas like street lighting and making bus stops more passenger-friendly. Both constituencies possess significant undeveloped potential to develop parks, first mile and last mile connectivity and anganwadis.

While Malleswaram is an old-established area, Mahadevapura is still a rapidly developing constituency. As per the report, 35 public spaces were audited in Mahadevapura. Fifteen parks were audited and eight of them needed streetlights.

"In an audit conducted about cycle lanes, we noticed that females answered differently than men. While men asked for more road infrastructure, females demanded street lighting. Street lighting is a fundamental pillar of women's safety," said Revathy Ashok, CEO of B PAC.

The joint commissioner of police (traffic) said streetlights are integral to women's safety and prevention of accidents

Mahadevapura MLA Arvind Limbavali said, "In the past 13 years, not a single incident of gender-based violence has been reported from my constituency. As a developing constituency, traffic is a major problem. Around 5,84,000 people are living here, assuming a floating population of 15 lakh. While working towards a solution for both traffic and women's safety, we are building roads. If there are no roads, where will we put the streetlights?"

> **"Many crimes happen in dark spots... So, areas with streetlight-related issues will be brought to BBMP's notice with geotagged pictures**
>
> – BR Ravi Kanthegowda, joint commissioner of police (traffic)

Noting the failure in implementation, Deepak RL, IRS special commissioner, BBMP West Zone, said the problem lies with the centralisation of contracts. "We have one engineer per ward to oversee the functionality of streetlights. However, the problem is with the centralisation of the task. We will be moving towards a decentralised model and soon funds will be allocated ward-wise for this purpose."

BR Ravi Kanthegowda, joint commissioner of police (traffic), said "Streetlights play a vital role in women's safety and in averting accidents. Up to 35 per cent accident-associated deaths involve pedestrians. Many crimes happen in dark spots. So, areas with streetlight-related issues will be sent to BBMP with geotagged pictures. The task will be carried out during the night rounds and will be sent to a joint Whatsapp group with BBMP and BTP."

Nandi Hills shuts shop to tourists' dismay

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Visitors started an impromptu protest at Nandi Hills as they were not allowed to enter the tourist spot after the authorities concerned banned the entry of visitors to stop overcrowding and reduce pollution.

Gautam Misra, a visitor who went to Nandi Hills for a short trip with his family, was among those stuck at the gate. Along with him, several other tourists were waiting. As the hours passed by, their agitation grew and ultimately, they decided to raise their voices against the authorities.

"As many as 1,000 people joined and raised their voices. They (the authorities concerned) had installed barricades and sealed the entry for tourists who had come from far off places as early as 4.30 am," Misra said.

The authorities barred visitors from entering the spot with barricades, which resulted in many lining up against them in protest

Another visitor said, "There are as many as 50 small shops here. What about their livelihood (that depends on tourists)? The authorities must encourage tourism as the revenue can help boost the economy. Instead, they are turning people away."

Visitors decided to roam around the hills since they were not allowed entry inside the tourist spot. However, the police stopped them from doing that too.

Visitors said, if the authorities had been following a proper system of registration or an online system which notified them once the reservations were full, the visitors would have been saved the hassle of coming all the way.

The tourist spot was closed in August last year due to landslides which affected the roads leading to the tourist spot. The roads were restored but the restrictions persisted due to Covid. The government lifted the restrictions recently but the place was still closed for tourists. Visitors tried to take the matter to deputy commissioner R Latha. However, no response was received from her end.

'Make trip to airport affordable'

CONTINUED FROM PAGE 1

Girish S, a resident of Bhuvaneshwari Nagar who works at KIA said: "I work in the ground handling department. I have no pick up and drop facility. I can't rely on the Vayu Vajra service as I have to shell out Rs 250 one way fare from Majestic. A cab will cost a bomb. I would love to travel in an ordinary bus as I have a bus pass. However, my worry is, reaching the airport from the Trumpet Interchange, as I have to forcefully go hitchhiking."

Surendra P, another employee at KIA said: "When the international airport commenced operations, BMTC would operate both Vajra as well as Suvarna services where the latter had an economical fare. However, the corporation

claimed that the services were withdrawn due to poor patronage. This has affected the employees who head to the airport every day. In the mornings, if you happen to travel towards the airport, you can see employees lining up on the side of the road and seeking lifts."

It is not just the employees but even some of the flyers could be benefited. "I often go to the airport to pick up my family. As I have a lot of time, I can go in an ordinary bus and return," said Anoop R, a businessman.

When contacted, BMTC managing director V Anbu Kumar said the public transport provider is open to starting services if there is a demand from commuters.

Another senior official from the Devanahalli bus depot said: "We are planning to introduce pilot services from Devanahalli to the airport from Monday. Commuters can make use of it. If we get a lot of requests and demand, we can surely consider."

Meanwhile, civic activists said there is a train service to the airport with poor patronage. So, it is time for a joint plan to popularise both the bus and train services so that many can hop on to public transport to reach the airport.

Power ready
Poise Scooters has partnered with Bangalore Mirror for a flagship initiative -- Ride To The Future -- that aims at educating Bengalureans about electric vehicles. (From left to right) Rashon D'Souza (General Manager), Vittal Belandor (MD), Jayshree Belandor (Director), and Paaras Belandor (Manager) of Poise Scooters during the inauguration of the initiative.

Ratings power electric vehicles

Electric vehicles (EVs) have different power ratings or levels based on charging requirements, which in turn determine the input power requirements for charging infrastructure. It is categorised as EV charging by power level, with normal power charging going up to 22kW and high power charging going up to 200kW.

While electric vehicles with power ratings up to 500kW are globally available, they are largely applicable for heavy vehicles like buses and trucks.

According to NITI Aayog handbook on electric vehicles , the normal power AC charging is adequate for e-2Ws, e-3Ws and electric cars. Normal power DC charging is unique to India, due to the prevalence of LEVs, and the use of low-voltage batteries in e-cars.

Future is EV

Many eyeing green energy to fight pollution

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Though electric vehicles are late entrants, they are likely to take over the market in the future. Many are eyeing green energy and planning to switch to EVs as it not only reduces pollution but can also be a cost-effective mode of transportation.

Analysing the EV trends, Vittal Belandor (Managing Director of Poise Scooters) said, "In India, we manufacture around 1.8 crore two-wheelers every year. This makes up 23 per cent of the total pollution. Over 100 years of usage of petrol as a fuel source, we have let the world be covered with pollution. We are also spending Rs 2 lakh crore for importing oil for the two-wheeler industry alone. This can be largely stopped if EVs are promoted."

Busting the myth that the EVs were not suited for Indian roads, Belandor said, "Before manufacturing our EV, we spent a lot of time designing the vehicle that will be suitable for Indian road conditions. Vehicles specifically designed for European roads won't be compatible with our roads. As I hail from Karnataka, I want to see the State as a leader in the EV industry. Our vision is to create a Karnataka-based EV product that will be known for being affordable and reliable for consumers. To keep the price point affordable, we will be doing complete manufacturing in Karnataka."

Making a mark in the Karnataka EV two-wheeler industry, a new player Poise Scooters has entered the market with a vision to provide reliable and affordable EVs for the Karnataka vehicle users. With around 25 years of experience in the automobile industry, Poise Scooters was started four years ago to manufacture sustainable two-wheelers. The company launched its two EVs- NX 120 and Grace on March 9. Both vehicles run on portable Li-ion batteries and give a range of 110-140 km. The company has designed the two models to offer more options to the consumer.

Belnador said, "The primary problem with EV is that it has an image issue of being unreliable and beset with a lot of problems. By launching our product, we want to change this public image," said Paras, Manager at Poise Scooters. One of the key selling points of this EV scooter is that it has been built keeping in mind the limitations of the average EV user. " Most people stay in apartments and it's quite difficult to pull wire from the meter to the scooter to charge the battery. Weighing just 18.5 kg, the battery can be carried inside the home and charged inside the home. Each full charge will take up to 4.5 hours and will grant the vehicle user 100-140 km of range."

Talking about whether ICE users will move to EV, Belandor said that ICE manufacturers will be disappointed if the EV industry takes over. "With very few moving parts as compared to ICE vehicles, an EV turns into a more reliable vehicle with lesser wear and tear. In the next 5 years, at least 70 per cent of the vehicle users will move towards EV," he added.

OFFICE SPACES ARE GOING GREEN

#New Delhi

Nearly one-third of total office spaces in six major cities have been certified as green buildings, as real estate developers are focusing more on sustainability aspects in their projects, according to CBRE.

In its report 'Indian Real Estate's ESG (environmental, social and governance) Landscape and its Progress to a Sustainable Future', property consultant CBRE has analysed office stock for the top six cities (Delhi-NCR, Mumbai, Pune, Hyderabad, Bangalore and Chennai) to ascertain the status of green-certified stock in these cities.

"Certified green office stock grew by 177 per cent to 212 million square feet in Q3, 2021 (July-September) from under 80 million square feet in 2011," the report said.

Over the past decade, the consultant said, green real estate assets have grown tremendously, and their share in the total office stock has increased from 24 per cent in 2011 to 31 per cent in 2021.

"Certified stock (of office space) has also increased substantially, growing at a CAGR of 10.7 per cent compared to 7.7 per cent for the overall stock since 2011," the report said.

In the past five years, CBRE said, there has been a 37 per cent increase in the supply of certified buildings, as compared to the previous five years (2012-2016).

"This indicates that the Indian real estate sector is becoming more aware of its responsibility towards ESG principles and moving rapidly towards imbibing sustainability in its assets," the report said.

Delhi-NCR and Bengaluru together account for about 54 per cent of the total certified office stock of India.

"ESG is integral to CBRE's business strategy from the way we operate as a business to serving our clients and in helping them meet their own targets,"

31% total office spaces in top 6 cities certified as green buildings

said Anshuman Magazine, Chairman & CEO - India, South-East Asia, Middle East & Africa, CBRE.

All major real estate companies that are into office segment -- such as DLF, Prestige, Embassy group, Godrej Properties, Macrotech Developers (Lodha), RMZ, Salarpuria Sattva, Kalpataru, Hiranandani group, K Raheja Group, Hines India and Max Estates -- are focusing a lot on environmental aspects and have received green certifications from LEED or Indian Green Building Council (IGBC).

The three Real Estate Investment Trusts (REITs) launched so far in India -- Embassy Office Parks, Mindspace and Brookfield India Real Estate Trust -- are also giving a lot of emphasis on sustainability aspects.

Max Estates COO Rishi Raj said: "This COVID-led disruption has lent us a lifetime opportunity to transform where we work, and how we work".

"Offices have now moved beyond the conventional idea of a standard brick and mortar building to a new, modern, and sustainable ecosystem that cares for you and your holistic well-being."

Raj noted that companies have now enhanced focus on ESG, which has translated to their operations and choice of partners and workspaces.

Max Estates lays great emphasis on sustainable design, energy-efficient operations, and employee wellness via our unique work-well philosophy, he added.

With ESG coming into major play, the CBRE report said that green certification has also become an important metric for tenant decision making.

To promote green buildings, the report suggested that the Centre and states should incentivise developers and asset owners in the form of higher FSI, lower statutory fees and lower incidental taxes.

Apart from offices, the concept of green buildings is now catching up in residential segments as well, and many developers are constructing such projects. **PTI**

CONTINUED FROM PAGE 1

Bundles of wasted energy

compressed natural gas (CNG) and another 9 MW plant was to convert 600 MT of waste to energy. Two more waste-to-energy units were expected to come up in Sigehalli and Lingenahalli.

Most projects — public-private partnerships (PPP model) — are still at early stages of planning and agreements-signing. Sadly, some are not even in the pipeline.

According to the BBMP, the power purchasing agreement is the bone of contention in some of the projects. Moreover, a few companies are still looking for investors for the proposed waste-to-energy plants.

For instance, although the Kannahalli plant is up and functioning since July 2021, currently, it is just composting 150 tonnes of segregated waste. The plant is being managed by Satarem Enterprises Private Limited (SEPL) and was expected to supply 40 MW of power to the Karnataka Power Transmission Corporation (KPTCL), soon after starting operations. SEPL was to process 350 tonnes of segregated waste and 150 tonnes of mixed waste.

"While the plant started functioning in June 2021, it has been converting waste into compost. It could never reach the waste-to-energy stage. The owner of the enterprise is in bad health, and they are still looking for investors. I visited SEPL recently and have clarified that as sufficient time has been provided on humanitarian grounds, the BBMP will now have to take legal recourse. However, they have requested for some more time," said Harish Kumar K, special commissioner, solid waste management, BBMP.

Although the Kannahalli plant is functioning since July 2021, currently, it is just composting 150 tonnes of segregated waste. The plant managed by SEPL was expected to supply 40 MW of power to KPTCL soon after starting off

In case of the plant in Doddabidarakallu, officials said though an agreement was executed for generation of 2 MW, the company now is demanding for revision of the proposal to generate 6 MW, stalling the process. According to the BBMP, even though the plant is in the pipeline, the matter is complex.

"The manager of the enterprise is asking for a change in the clauses of the original agreement. Initially, BBMP allotted 10,000 square metres of land to the company to set up the waste-to-energy plant, but they are now interested in a different kind of agreement. The incongruity is delaying the process at Doddabidarakallu," informed Kumar.

Palike is yet to secure a contractor for the waste-to-energy plant at Sigenahalli. The unit at Lingenahalli is in limbo too. "To establish a waste-to-energy plant under the PPP model, we need to enter into a power purchasing agreement with the companies. The agreement includes per unit cost of the power generated. However, despite a signed agreement in place, the companies end up demanding higher cost per unit. Some of them also came up with exorbitant tipping fees," said a BBMP official.

Complex concept

According to the BBMP, the concept of generating energy from waste using conventional technology is an idea difficult to sell.

"None of these waste-to-energy plants have started functioning yet and it will be difficult even if they commence operations. Most of the companies that have agreed to set up these plants do not have investors yet. They go on an investor hunt after signing the agreement, which often fails to pan out," added another BBMP official.

The plants are also facing stiff resistance from the civil society members and activists that are working in the solid waste management sector. They are of the view that the conventional way of generating energy from waste is nothing but burning the garbage to ash.

"This model has been successful in western countries. Meanwhile, there is a lot of resistance in India, including Bengaluru. Although different stakeholders have adopted different technologies for generating energy from waste, all these plants ultimately will be using mixed waste to generate the energy. In Kannahalli, the owner was influenced by a technology used in Russia; it was approved by the Technical Guidance Committee as well. But, civil society members believe waste-to-energy is nothing but burning of waste in a closed atmosphere, leading to ash. There is a demand to move to waste-to-manure through bio mechanisation process," said Kumar.

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CHANGE OF NAME

I Savitri Virupaxi Adagimani Date Of Birth 15.08.1988 W/O. Basanagouda Bhimanagagoudra R/o Post. Kalahal.ta Ramdurg. Dist Belgaum Karnataka have changed my name to Savita Basanagouda Bhimanagoudra Date Of Birth 01.01.1993) for all purposes

I Sharada Mandamlod W/O. Patil Raveendranadha Reddy R/o Flat No 113, Laxmi Nivas Apartments, 5th Floor, 15th Main, 4th T Block, Jayanagar, Bengaluru-560041 have changed my name to Sharada Manthenagodu

I Anchal Rungta W/O, Yogesh Sundaramurthy R/o A-8 Sobha Adamus Sy. 184,185,187 Off Whitefield Hoskote Road Kannamangala Bangalore 560067 have changed my name to Aanchal Yogesh

I Nethravathi L W/O, Naveen Babu P R/o #45/2 Sivan Chetty Garden, Bharathi Nagar, Bangalore 560042 have changed my name to Nethravathi N

I, Sheila Singh W/o Uday Pratap Singh R/o 106. 9th Block Heritage Estate, Doddaballapur Main Road , Kenchenahalli Cross, Yelahanka , B'lore-560064 have changed my name to Chandra Sheela Singh .

I Rakesh Gopi K G S/O, Gopi K R R/o No 16, T M N Street, 3rd Main Road, New Thippasandra, Bengaluru - 560075 have changed my name to Rakesh Gopi K for all purposes.

I, K.Mubeena Sultana W/o M. Intiaz Ali Khan R/o No-91/A , Nagwara main Rd ,Govindpura Cross , Rashad Nagar B'lore-560045 have changed my name to M.Mubeen Sulthana

TIMES inter act
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If you've got it, you must flaunt

Centre's draft guidelines say fitness certificates must be prominently displayed on vehicles

Slow-moving traffic on a rainy day in Bengaluru

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

If your vehicle has got the fitness certificate (FC), then you may have to soon display the FC prominently. The Centre has issued draft regulations for amendment to Central Motor Vehicles Act 1986.

As per the draft guidelines, heavy goods/passenger vehicles, medium goods/ passenger vehicles, and light motor vehicles should exhibit the certificate on the upper edge of the left side of the wind screen in yellow colour on blue background in Type Arial Bold Script. For auto-rickshaw, e-rickshaw, e-cart, and quadricycle, FC should be exhibited on the upper edge of the left side of the wind screen in yellow on blue background in Type Arial Bold Script. In case of vehicles which don't have windscreens, FC should be exhibited in a conspicuous part of the vehicle. Surprisingly, two-wheelers are also not exempted. "In case of motorcycle, it shall be exhibited on the conspicuous part of the vehicle, in yellow colour on blue background in Type Arial Bold."

The Ministry of Road Transport and Highways has issued this Draft notification on February 28. According to it, validity of fitness certificate and registration mark of the motor vehicle shall be exhibited on the vehicles in the manner as prescribed in the draft rules. If approved, then it will become mandatory for display and may be an offence that can be penalised. Currently, non-transport vehicles do not have to undergo fitness test for the first 15 years of its life.

As per the rules, the traffic authority is responsible for checking vehicles for the possession of a valid fitness certificate. It has been proposed that a legally enforceable sticker controlled by the state government, difficult to falsify and that has a highly visual design enabling an officer to identify immediately at five-metre distance could serve the purpose of testing fitness certificates. The traffic authority would have to be empowered to stop vehicles without such a valid sticker.

Sources said the existing vehicle inspection system in India is inefficient and has several weaknesses. For example, at present only visual inspection is carried out by the inspectors. Vehicle inspection is mandatory for transport vehicles only. Non-transport vehicles do not have to undergo a fitness test for the first 15 years of their life. Most vehicle inspection centres do not have any instrumentation or equipment to carry out proper inspections. The inspectors and other staff are not given regular training for skill up-gradation.

Officials say fitness certificate is mandatory as it is helpful in averting mishaps too

There is no set procedure for inspection and often the decision whether a vehicle is fit or not is left to the discretion of the vehicle inspector. In developed countries motorised vehicles are inspected to ensure not only their road worthiness but also to reduce the pollution from emissions.

Officials said the fitness certificate is mandatory as it gives a clear idea whether the vehicle is still in a proper condition for riding and thereby averting mishaps.

Tusker remains emerge

Bengaluru police, who had nabbed a person in connection with the smuggling of two tusks, took the accused for a crime spot investigation at Veerapura village in Hassan Rural.

The accused, a resident of Veerapura village, took the police to the field where they had electrocuted and elephant to extract its tusks about six months ago. The accused removed the tusks after killing the elephant.

Deputy Conservator of Forest Basavaraj, Hassan Deputy Superintendent of Police Uday Bhaskar, other forest officers and local veterinary doctors were present. Local police will file a case of power theft against the accused.

That's an antique!

A Tamil Nadu-based exporter who attempted to pass off an antique idol as 'new' for export purposes, has been arrested and remanded to judicial custody. Based on intelligence, the officers of Customs Intelligence Unit (CIU), Bengaluru Airport and Air Cargo Commissionerate, intercepted a shipment in the International Courier Terminal that was attempted to be exported to Malaysia by the exporter, officials said.

The goods were declared as a 'bronze antique finish idol' in the export documents. On examination by the authorised nominee of the Director General, Archaeological Survey of India and assisted by a committee of experts, the idol was certified as an 'antique', as per Section 24 of the Antiquities and Art Treasures Act, 1972.

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HEALTH TIP: According to certain studies, sleeping on the left side of your body can help to reduce joint pain

Pineapple is a great source of vitamin C, which can help in fighting coronary diseases

BangaloreMirror | 8
Monday, March 21, 2022
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ABC of children's diet

Learn what nutrients are essential for your child in their growing years from an expert

Kalwyna Rathod
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Growing children need a number of nutrients for their overall development. If a child's diet is lacking any of these nutrients, their overall health and wellbeing can be impacted in the long run. Subiya Baiganpalli, MSc Clinical Nutrition and Dietetics, and in-house nutritionist at OZiva, says, "When planning a highly nutritious diet for your child, you must ensure that you're including all the essential macronutrients such as protein, healthy carbohydrates, healthy fats, and micronutrients such as vitamins and minerals." She helps you take a closer look at these nutrients to understand their roles in your child's diet.

Protein

One of the key macronutrients, protein plays a key role in aiding many essential bodily functions such as growth, recovery and tissue repair in the muscles, energy, and strengthening the immune system. Adding clean protein to your child's diet not only ensures overall development, but also supports healthier skin, bones and nails. If your child is a vegetarian, it is extremely important to consciously add plant-based protein to their daily diet. "There are a number of sources of plant-based protein that you can include in your child's diet such as legumes (beans, chickpeas, peas, and lentils), nuts and seeds (almonds, pistachios, and chia seeds), grains (quinoa, whole wheat and brown rice). Even some vegetables such as Brussels sprouts, yellow sweet corn, potatoes, broccoli, and asparagus are known to provide ample amounts of protein," advises Baiganpalli. Depending on age, your child might require up to 30 grams of clean protein daily.

Carbohydrates

Carbohydrates are another important macronutrient that provides energy. A traditional Indian diet is high on carbs, however it is important to ensure that you add more complex carbs in your child's diet. Complex carbohydrates are higher in nutrient value and also packed with fibre essential for growing children. "Avoid refined carbs found in processed foods like white flour, bread, pasta, and sugary drinks. Choose healthier options like whole wheat products, grains, oats, vegetables, brown rice, potatoes, fruit, peas, and beans. Certain starchy veggies like potato, corn, parsnip, sweet potato, and pumpkin are good sources of carbohydrates. Most fruits also contain essential carbohydrates such as fructose and glucose," says Baiganpalli.

Fats

Healthy fats like monounsaturated, polyunsaturated, omega fatty acids, and moderate amounts of saturated fat are essential macronutrients needed by the body to build nerve tissue and hormones, as well as fuelling the energy needs of the body. Moreover, healthy fats also facilitate the absorption process of some essential fat-soluble vitamins, like vitamins A, D, E, and K. They also play a major role in insulating nervous system tissues in the body. Baiganpalli says, "Some rich sources of plant-based healthy fats include natural pressed oils like olive oil, avocado oil, and coconut oil. Other great sources of healthy fat include nuts, seeds, avocado, and coconut products like coconut pulp, shavings, coconut cream, and full-fat coconut milk. Ensure to stay clear of products with trans fat found in many processed food items as they do not offer any health benefits."

Fibre

Dietary fibre is a must for maintaining the digestive health of both children and adults. It not only nourishes the gut microbiome ecosystem of healthy bacteria that impacts our overall health, but also helps in keeping our stomachs full. Some of the best fibre-rich plant-based sources are fruits such as pears, strawberries, avocado, apples, raspberries, and bananas, and vegetables like carrots, beets, broccoli, artichoke, sweet potatoes, and Brussels sprouts. Other important sources of fibre include legumes like lentils, kidney beans, split peas, and chickpeas, as well as grains like oats and quinoa. Even nuts and seeds like almonds and chia seeds are packed with fibre.

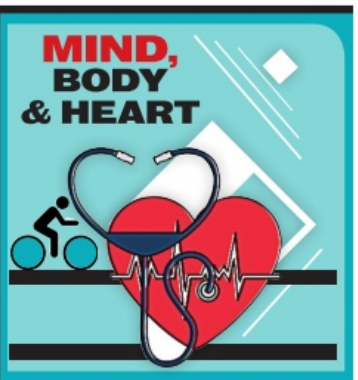
Essential vitamins, minerals

Micronutrients play a vital role in maintaining health and supporting growth in children. Your child's daily diet should contain multivitamins and minerals like calcium and iron.

Calcium is important for building strong bones, overseeing the proper working of nerves and muscles, and keeping the heart healthy. Some of the best plant-based sources of calcium include leafy greens, almonds, chia seeds, etc.

Iron is an integral element of haemoglobin, the pigment present in red blood cells which is responsible for the transmission of oxygen from lungs to all across the body. Some good plant-based sources of iron include seeds like hemp, pumpkin, and chia, nuts like cashews, almonds, and peanuts.

Multivitamins are extremely important nutrients for growing children. Each vitamin plays a role in keeping your child healthy. Vitamin A plays a decisive role in ensuring vision, bone growth, enabling growth of cells and tissues in the body especially hair, nails and skin. It also safeguards the body from infections and helps maintain the proper functioning of the heart, lungs, kidneys, and other organs. Your child can get their daily dose of vitamin A by eating leafy greens, sweet potatoes, pumpkin, carrots, winter squash, wheatgrass, grapefruit, cantaloupe, red and orange bell peppers, and goji berries. Another equally essential nutrient for kids is vitamin C. It is great for bolstering the immune system. It also plays a major role in the production of collagen, a protein key for the healing of wounds as well as ensuring the absorption of iron from plant-based foods. Vitamin C is abundant in most fresh leafy vegetables, fruits, as well as chestnuts, sauerkraut, apple cider vinegar, cacao beans, and super food berries like mulberries, goldenberries, goji berries, and camu camu. Other vitamins like B-complex, vitamins D, E and K support various functions like brain health, immunity, stronger bones, nervous system amongst others.



All problems solved

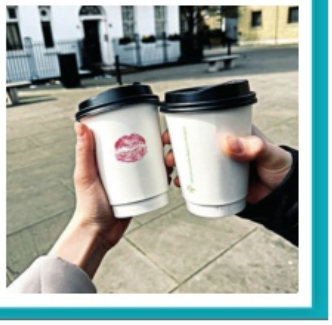
Dear Coleen

I'm a woman in my forties and got divorced a few years ago. I don't have kids and I'm not in a serious relationship at the moment.
I work with a guy I find very sexy and it's clear he's interested in me, too, but he's only 28.
I think about him a lot and what it would be like to sleep with him, but I don't want either of us to get hurt. If I could have fun without any risks, I wouldn't think twice.
But there's part of me that worries it's a waste of time and I should only be considering older men, so there's a chance of a proper relationship.
I'd love to hear your thoughts.

COLEEN SAYS

Even if you started dating an older guy, there are no guarantees the relationship will last. No one has a crystal ball at the start of any relationship.
I think you need to work out what you want – if right now it's fun and no strings, then fill your boots. Why not?
Just bear in mind that if you fall out, it might make things tricky at work.
Personally, getting involved with a younger guy isn't for me – I've no desire to go to bars or clubs or hike up mountains (and whatever else young guys do these days).
Yes, it's a huge ego boost if someone younger finds you attractive and pays you attention, but that's enough for me. If you do get involved with this guy, just have realistic expectations and be honest at the start about what each of you wants from a relationship.

—Coleen Nolan, Daily Mirror



 # Biren Singh to stay Manipur CM
Nongthombam Biren Singh is likely to assume office as Chief Minister of Manipur for the second consecutive term

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Monday, March 21, 2022
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Future waves may not be as severe: Experts

Vaccination, natural immunity may help India, says doctors

#NEW DELHI

Amid a resurgence of covid-19 cases in Southeast Asia and parts of Europe, experts in India feel that given the high vaccination coverage and immunity due to natural infection, any future waves are unlikely to have a major impact in the country. Some of them even said that the government should consider relaxing the mask mandate as the daily covid-19 cases and deaths have remained low for a while.

India on Sunday recorded 1,761 fresh covid-19 cases, the lowest in around 688 days, and 127 deaths. The active cases also declined further to 26,240, according to government data.

Dr Sanjay Rai, senior epidemiologist at AIIMS and the principal investigator of Covaxin trials for both adults and children at the institute, said that SARS-CoV-2 is an RNA virus and mutations are bound to occur. Already more than 1,000 mutations have occurred, although there are only five variants of concern.

"India experienced a very devastating second wave last year, which was very unfortunate, but currently this is our main strength as natural infection provides better and longer duration of protection. Also, there is high vaccination coverage. Hence, severe impact of any future wave is unlikely," Rai, professor at the Centre for Community Medicine at AIIMS, said.

"It is also time that the Indian government may consider relaxing the mask mandate," he said, adding that senior citizens and those at a higher risk of contracting the infection should continue wearing masks. Rai emphasised, the government should continue with the SARS-CoV-2 surveillance, including genomic sequencing, to monitor the emergence of any future variant.

According to Dr Chandrakant Lahariya, an epidemiologist, the possibility of a fresh surge in India is low even with a new variant.

"If we analyse data on seroprevalence, vaccination coverage and evidence on the spread of Omicron, it is logical to conclude that the covid-19 epidemic in India is over. For India, the possibility of a fresh surge for many months and even with a new variant is low," he said.

The reason is that because of the hybrid immunity after three waves of natural infection and a large proportion of adults receiving both doses of COVID-19 vaccine, the susceptible pool has come down drastically, Lahariya said. **-PTI**

A healthcare worker administers the covid vaccine to a student in Bikaner

Reduction of gap between Covishield doses

The National Technical Advisory Group on Immunization (NTAGI) on Sunday recommended the Union Ministry of Health to reduce the covid-19 vaccine Covishield's duration of the second dose to somewhere between 8 to 16 weeks after the first dose in view of the ongoing Omicron variant of the coronavirus infection, according to official sources.

According to the present guidelines, the second dose of the Serum Institute of India (SII) Covishield vaccine is given after a time period of 12-16 weeks of the first dose.

"This is just a recommendation but no decision has been taken so far. The purpose behind the recommendations is to ramp up the vaccination and vaccinate beneficiaries for the second dose," sources told ANI. The Government of India on the basis of NTAGI recommendations in the month of May last year extended the gap between the two doses of the Covishield from 6-8 weeks to 12-16 weeks.

Quad 'understands' India's stance

#NEW DELHI

Australia on Sunday said that the Quad member countries have accepted India's position on the crisis in Ukraine and it is evident that Prime Minister Narendra Modi has been using his contacts to call for an end to the conflict in that country. The comments by Australian High Commissioner to India Barry O'Farrell came a day before a virtual summit between Modi and Australian Prime Minister Scott Morrison during which they are set to discuss the situation in Ukraine.

"The Quad countries have accepted India's position. We understand that each country has a bilateral relationship and it is clear from the comments of the MEA (Ministry of External Affairs) and Prime Minister Modi himself that he has used his contacts to call for the end of the conflict and no country will be unhappy with that," he told reporters.

The Australian envoy was asked about increasing disquiet in the West over India's position on the Russian invasion of Ukraine and its purchase of discounted crude oil from Russia. **-PTI**

Placards at an anti-war rally in Kolkata

I-T raids: ₹224-cr hidden income at start-up

#NEW DELHI

The Income Tax department has detected "undisclosed" income of more than Rs 224 crore after it recently raided Maharashtra-based unicorn start-up Infra.Market, officials said on Sunday.

The searches were launched on March 9 at the firm's 23 premises in Maharashtra, Karnataka, Andhra Pradesh, Uttar Pradesh and Madhya Pradesh.

The CBDT said the group, founded by Souvik Sengupta and Aaditya Sharda in 2016, is "engaged in wholesale and retail (business) of construction materials and has a pan-India presence with an annual turnover exceeding Rs 6,000 crore."

Officials identified the searched entity as the Infra.Market group. An email sent by PTI seeking the company's response remained unanswered.The company has been identified as a unicorn, a financial term for a business entity that has achieved a valuation of over USD 1 billion. **-PTI**

Diesel price for bulk users hiked ₹25/ltr; pvt retailers stare at closure

#NEW DELHI

The price of diesel sold to bulk users has been hiked by about Rs 25 per litre in line with a near 40 per cent rise in international oil prices, but retail rates at petrol pumps remain unchanged, sources said.

Petrol pump sales have jumped by a fifth this month after bulk users like bus fleet operators and malls queued up at petrol bunks to buy fuel rather than the usual practice of ordering directly from oil companies, widening the losses of retailers. Worst hit are private retailers like Nayara Energy, Jio-bp and Shell, who have so far refused to curtail any volume despite a surge in sales. But now closure of pumps is a more viable solution than continuing to sell more fuel at rates that have been on freeze for a record 136 days, sources said.

Some private retailers have refused to curtail volumes so far

In 2008, Reliance Industries had shut all of its 1,432 petrol pumps in the country after sales dropped to almost nil as it could not match the subsidized price offered by the public sector competition.

A similar scenario may unfold again as retailers' losses widen from bulk users being diverted to petrol pumps, they said.

Price of diesel sold to bulk users has been hiked to Rs 122.05 per litre in Mumbai. This compares to Rs 94.14 a litre price of the same fuel sold at petrol pumps. In Delhi, diesel costs Rs 86.67 a litre at the petrol pump, but for bulk or industrial users it is priced at about Rs 115.

PSU oil companies have not raised retail prices of petrol and diesel since November 4, 2021 despite a surge in global oil and fuel prices, a move seen as aiding the Bharatiya Janata Party (BJP) in crucial state assembly elections.

Prices were supposed to start aligning with cost after counting of votes on March 10, but the ensuing start of the second half of the Budget Session meant that the price increases didn't happen. **PTI**

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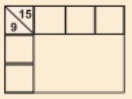
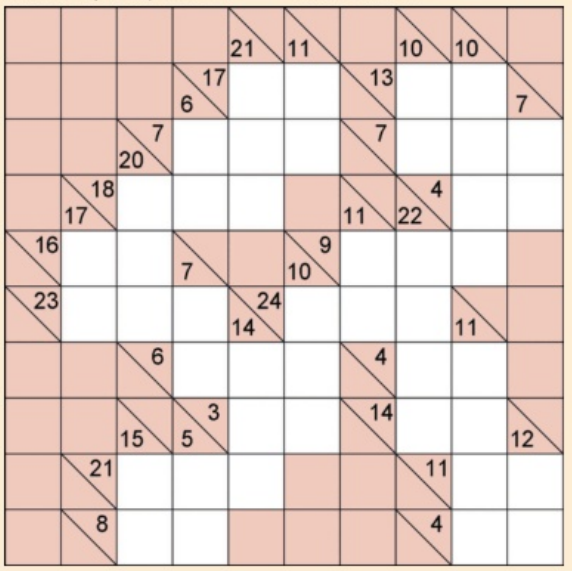
Kakuro

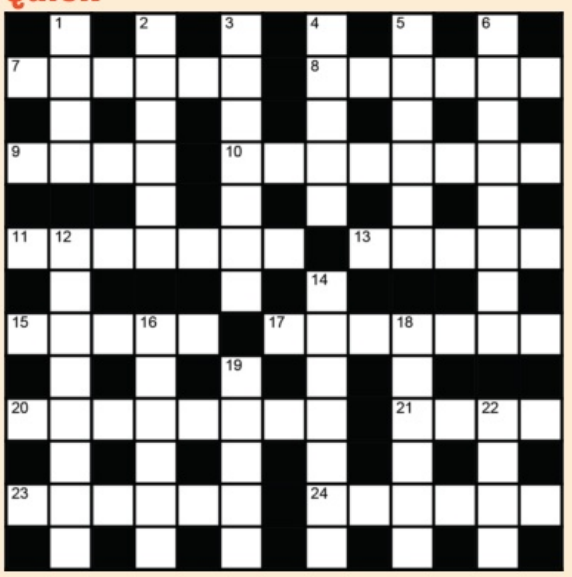
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Make thinner or more liquid (6)
8 Reveal (6)
9 Join metal (4)
10 50 kms from Bangalore, this area is a favourite for rock climbers (8)
11 In the ____ : in the meanwhile? (7)
13 Doubter (5)
15 Packs tightly (5)
17 Pseudonym (3-4)
20 Spanish dance (8)
21 Fuss, bustle (2-2)
23 Means of entry (6)
24 In a profound manner? (6)

DOWN

1 Refer to (4)
2 Jump or leap (6)
3 Chorus (7)
4 Corpse embalmed for burial (5)
5 Bird house (6)
6 Metallic element (8)
12 Regular state of affairs (8)
14 Sees or looks at (7)
16 Crazier (6)
18 The ___ world : hell or Hades? (6)
19 Grind one's teeth (5)
22 Barbie for one? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS R

DXMDG OVNR SVDGVU Y OVD-DON YUH FNXDYVU FEQLYRR, TMD NXXEX VR VQQNURN.

Linemaro

Was your father an alien? Because I've never seen anything like you on Earth

Mindchow

If you haven't got anything nice to say about anybody, come sit next to me

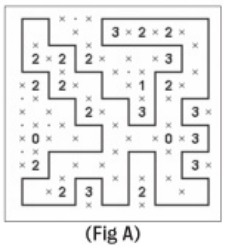
Joke of the day

Did you hear about the dyslexic atheist? He doesn't believe in dogs

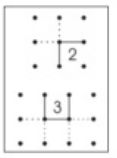
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



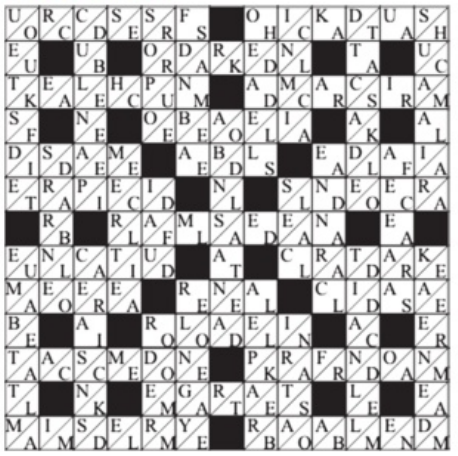
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

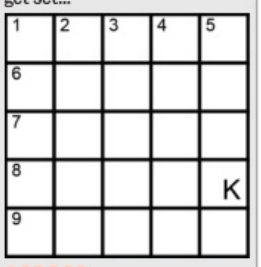
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

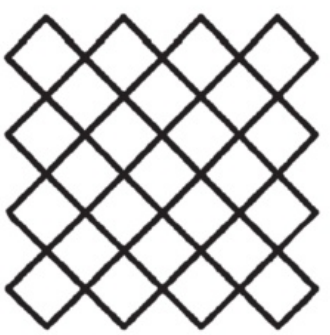
1 Sir BC; 6 Siren; 7 Oasis; 8 N Huck; 9 Is gee

DOWN

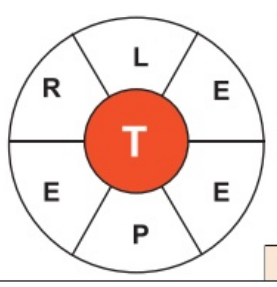
1 Or CCs; 2 Irish; 3 Sues I; 4 Begin; 5 Skean

Mensapuzzle

How many diamonds are there here?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

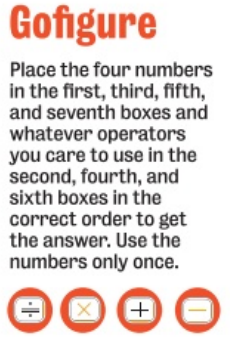
SudokuChallenge

4		6	7					9
7			1			8		
			3	9	2			
	3		2			5	9	
	5	2			3		4	
			6	3	1			
		9			8			4
5					7	3		8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

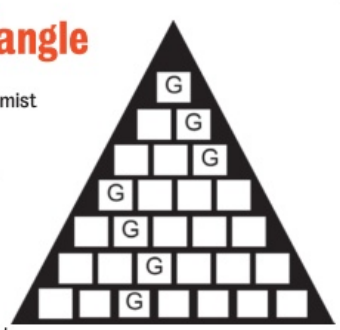
Differences: 1. Band around hat is wider. 2. Blinds are different. 3. Chart is different. 4. Plant is taller. 5. Briefcase handle is missing. 6. Thumb is moved.

Riddler

Who can't live without Spell Check in their email or word software? It's a great tool... The following Music Stars have been Spell Checked and are ready for you to uncover their true identities.
1. Madden 2. Tubby Kith 3. Pariah Curry
4. Rebel Mentioned 5. Cozy About

Alpha triangle

1 Gram, abbr.
2 Silver for the chemist
3 Trail the pack
4 Strong wind
5 Lace adornment
6 Ambassador
7 Young birds



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

LOOK AT YOU! JUST GETTING HOME!
YOUR WILD PARTIES ARE GETTING OUT OF HAND, GRANNY!
YOU'RE RIGHT... I'M STAYING HOME NEXT NEW YEAR'S EVE!
1-5

Bizarrotrip

You might not think they look so cool if someone had carved them onto you without permission.
CLASS OF '25
K2 x 02
Wayno & Piraro 1-15-22
BIZARRO.COM

Diamond Lil

DOLORES AND I GREW UP TOGETHER
I WAS A BRIDESMAID FOR DOLORES
AND TODAY, I FINALLY GET MY REVENGE FOR THAT UGLY DRESS
THANK YOU, LIL
Beetle Bailey
www.creators.com

Hart of the city

OK, YOU HAVE THE TV REMOTE, APPLE JUICE, ICE CREAM, MOUNDS OF PILLOWS AND THE HEATING PAD...
...AND FINALLY, TAA-DAH! THE HOTEL BELL! JUST RING THIS IF YOU NEED ANYTHING!
MAY I HAVE A NEW FACE, PLEASE?
PINGGGGGG

Crankshaft

WHY ARE ALL THE GIRLS ON ONE SIDE AND THE BOYS ON THE OTHER?
SCHO
THE THIRD GRADE WAS INTO SOCIAL DISTANCING LONG BEFORE THE PANDEMIC.
BATTLOK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you will perform well in your job. Your colleagues may cooperate with you; your performance in the job may be good. You may be able to complete your postponed projects on time. You may lend money for investment purposes. Job seekers may get a new job. If you are affected by old health issues, you may hear good news

Taurus Apr 21 – May 20
Today, situations are under control. People around you may now respond to you, but you are advised not to take your life as a burden. You should try to sustain yourself in unavoidable situations. You may face some difficulties in easy gains. Blessings from elders may help you to come out from this situation. Your confusion in choosing targets may now get over.

Gemini May 21 – Jun 21
Today, tasks may become incomplete. You may be a victim of mood swings; your patience may be tested many times. Silly mistakes may confuse you to conclude your work. Love birds may find themselves confused in terms of feelings. More expectations may affect your emotional attachment with your spouse. You are advised to take care of your parents.

Cancer Jun 22 – July 23
Today, you will be happy. You will be able to maintain a balance between your earning and expenditure, which will boost your finances. Your network will help you to implement your plans. Your siblings and subordinate staff will be more helpful. You may plan to visit your elders or religious places.

Leo Jul 24 – Aug 23
Today, your energy level will be high. It will make you happy and optimistic to fulfill your desires with the help of hard work. You will plan to go for outings with friends and family to share your happiness. Students will hear good news in terms of studies.

Virgo Aug 24 – Sep 23
Today, until late afternoon, the day is not good. You may feel unhappy and become nervous, but afternoon onwards, you will be happier. Internal vitality will boost your self confidence; you should avoid carelessness in making decisions in terms of finance, profession and studies. Sometimes, you may face self respect issues with your spouse.

Libra Sep 24 – Oct 22
Today, your tendency to overspend will affect your savings. You should be careful while expressing yourself on the work and domestic front. You should avoid lending money. You should postpone making important decisions in real estate and other asset issues. You should try to avoid a tendency of elevation from your responsibilities.

Scorpio Oct 23 – Nov 22
Today, you may find mental peace. You may plan to invest some capital in the business, which may increase liquidity into your business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles may find a suitable match. Love birds may make a decision to get married.

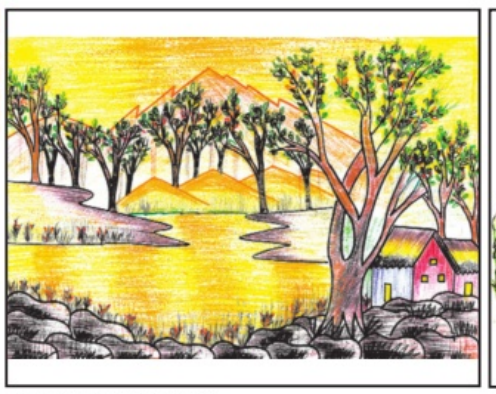
Sagittarius Nov 23 – Dec 22
Today, you may be very happy; your losses may convert into profits. Your seniors may be happy and appreciate your work. You may have some changes into your place, position or responsibilities at work, in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and love birds may make important decisions in terms of marriage.

Capricorn Dec 23 – Jan 20
Today, you are blessed by the moon, which may make you happy. Last week's crunch is over. With the help of blessings, you may get reciprocation of your hard work. With the help of your subordinates, you may be able to initiate your postponed works. There are some gains in your business, which may boost your finances.

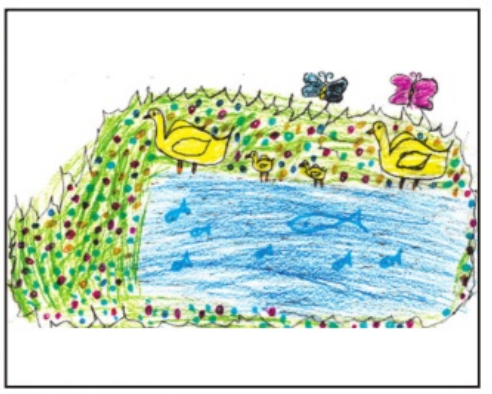
Aquarius Jan 21 – Feb 19
Today, you may feel dull. You may have some health issues. You are advised to postpone making investments into the business. It is also advised not to start a new venture. You are likely to face losses in the business . Your gains may convert into losses.

Pisces Feb 20 – Mar 20
Today, you may get some business orders, which may be profitable in the near future. You may implement some new ideas in your work front. New partnerships may come to the ground. You may be busy with your work; it may make you mentally tired. It will affect your domestic life .

KIDZONE



Fiza Shees, 11 years, Bengaluru



Azeeza, 11 Years, Bengaluru

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=[(−4)³+8÷4]/|−4−2−25|
=[−64+8÷4]/−|31|
=[−64+2]/|31|
=−2

BULL'S EYE
pelt, pert,
REPLETE, tree

STRIKE OUT

O	R	D	E	R	S	H	I	A	T	U	S			
U		U		O	A	K	E	N	A		C			
T	A	L	C	U	M		A	C	A	C	I	A		
F		E		E	B	O	L	A		K		L		
I	S	E	E		A	B	S		A	L	F	A		
T	A	P	E	D		L		S	N	E	E	R		
	B		R	A	M	A	D	A	N		A			
E	L	C	I	D		T		C	A	D	R	E		
M	E	R	E		E	E	L		L	I	S	A		
B		A		O	L	D	E	N		A		R		
A	C	C	E	D	E		P	A	R	D	O	N		
	A		C		D		L		H		O			
F	A	N	D	A	N	G	O		T	O	D	O		
	M		A		G		H		E					
C	R	A	M	S		P	E	N	N	A	M	E		
	O				N		S				U			
I	N	T	E	R	I	M		C	Y	N	I	C		
	L				A		Y		R		N			
W	E	L	D		R	A	M	N	A	G	A	R		
	T		R		F		M		I		T			
D	I	L	U	T	E		U	N	V	E	I	L		
	U		O	A	K	E	N		A		C			
U		O	A	K	E	N	A		C					

FAST FIVE

C	R	I	B	S
R	I	S	E	N
O	S	S	I	A
C	H	U	N	K
S	I	E	G	E

QUOTE UNCODE
Truth lies within a little and certain compass, but error is immense.

QUICK

		C	H		R		M		A		T			
			I		L		U							
			T		R		F		M		I		T	
			E				S						E	
		A	C		E		S						P	
			L				D		A					
		F	A		N		D		A		N		G	
			M		A				G		H			
		C	R		A		M		S				P	
			O						N					
		I	N		T		E		R		I		M	
			L						A				Y	
		W	E		L		D				R		A	
			T				R				F			
		D	I		L		U		T		E			
			U				O		A		K		E	
		U			O		A		K		E		N	

KIDZONE

SUDOKU

5	6	1	9	4	7	3	2	8
3	7	9	5	2	8	6	1	4
2	4	8	6	3	1	9	7	5
9	5	2	8	1	3	7	4	6
6	1	7	4	5	9	2	8	3
8	3	4	2	7	6	5	9	1
1	8	5	3	9	2	4	6	7
7	9	3	1	6	4	8	5	2
4	2	6	7	8	5	1	3	9

MENSA PUZZLE
42. There are 5 diamonds made with 4 squares, 12 diamonds made with 9 squares, and 25 diamonds made with 1 square.

RIDDLER
1. Madonna,
2. Toby Keith,
3. Mariah Carey,
4. Reba McEntire,
5. Ozzy Osbourne

ALPHA TRIANGLE
G, Ag, Lag, Gale, Aglet, Legate, Eaglets.

GO FIGURE
Easy
2 × 2 + 3 + 3 = 10
Medium
3 x 9 − 7 − 9 = 11
Hard
7 + 2 x 1 + 3 = 12

LOOP

KAKURO

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 # Ben-Jen to move in together?
Star couple Jennifer Lopez and Ben Affleck are seemingly taking the next step in their relationship, as they are buying a new house in Los Angeles

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RRR makes a stop at Statue of Unity

Cast, director visit spot in Vadodara, become first film to make a promotional pitstop here

After Bengaluru, Hyderabad and Dubai, the pan-India cast of 'RRR' including director SS Rajamouli, and actors Junior NTR and Ram Charan visited Sardar Vallabhbhai Patel Statue of Unity in Baroda.

'RRR' becomes the first film to visit this monument of India. The makers and the cast shared their latest pictures from the Baroda visit, much to the surprise of their fans, thus building the anticipation even further.

From Hyderabad, Bengaluru, Baroda, Delhi, Amritsar, Jaipur, Kolkata, Varanasi to Dubai, the makers have chalked out an extensive promotional plan wherein they will be visiting the major potential markets of the country for the film promotions from March 18-22.

Rajamouli's 'RRR' is the first Indian film to be released in Dolby Cinema.

The film includes a star-studded lineup besides lead actors Ram Charan and Jr. NTR, Ajay Devgn, Alia Bhatt and Olivia Morris will be seen in pivotal roles while Samuthirakani, Ray Stevenson, and Alison Doody join in as supporting roles.

Jayanti Lal Gada of PEN Studios has bagged the theatrical distribution rights in North India.

Ram Charan, Jr NTR fans have now united: Shiva Rajkumar

Sandalwood star Shiva Rajkumar, who was one of the guests at the grand pre-release event of 'RRR' which was held in Chikballapur on Saturday, appreciated Ram Charan and Jr NTR for coming together, leaving their fan rivalries aside. At the event, the 'Mufti' actor said, "Jr NTR and Ram Charan ended their so-called fan rivalry and agreed to work together on a film. This is very healthy. It makes us feel connected to our entire industry."

"I am a big fan of Rajamouli. I watch the films of NTR, Ram Charan, Pawan Kalyan, Chiranjeevi, Ajith, and Vijay's films first-day first-show in theatres. I want to watch the movies along with the fans. I am going to watch 'RRR' also first-day first-show in theatres", Shiva Rajkumar said at the event.

The 'Tagaru' actor also recalled his family's cordial relationship with many other stars from Tamil, Telugu, and Malayalam film industries, as he wishes that the bonding continues forever. **–IANS**

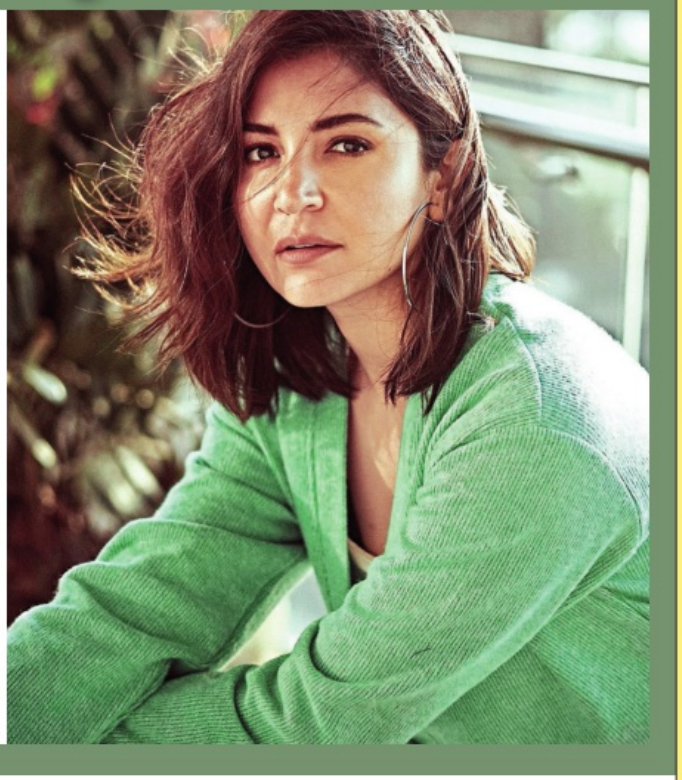
'Whatever time I have, I will dedicate it to my first love'

Anushka Sharma has taken to her Instagram handle to issue a statement about stepping away from Clean Slate Filmz, which she had founded at the age of 25 with her brother Karnesh Sharma.

The statement read, ''When I started Clean Slate Filmz with my brother Karnesh Ssharma, we were novices when it came to production but we had a fire in our belly and we wanted to try and set the agenda of entertainment in India through clutter-breaking content. Today, when I look back at our journey so far, I'm deeply proud of what we have created and the disruption that we have managed to achieve''

She added, ''While CSF started with my vision to change the narrative of what commercial projects should be like, I have to credit Karnesh who has excelled in shaping what CSF has become today. Being a new mother who has chosen to be an actor by profession, I have to balance my life in an entirely new fashion like never before. So, I have decided that whatever time I have at hand, I will dedicate it to my first love, acting! Therefore, I have decided to step away from CSF, confident that the most able person, Karnesh, is taking forward the vision with which it was created in the first place.''

She said she hopes that the production house will go from strength to strength under Karnesh.



Sam to pull off some serious stunts

Samantha Ruth Prabhu is getting ready for her upcoming movie 'Yashoda', in which she will perform some difficult stunts.

Yannick Ben, a Hollywood stuntman, has been brought in to train and choreograph stunts for the 'Oh Baby' actress.

Samantha, who had earlier worked with Yannick Ben for popular web series 'The Family Man 2', has come together with the stunt coordinator for another time.

Touted to be a thriller, 'Yashoda' will have Samantha essaying a titular role, for which she will now perform a few stunts. The excited actress posed with her stunt coordinator Yannick, as she begins for the high-octane sequences.

'Yashoda' is directed by debutant director duo Hari – Harish under Sridevi Movies. Produced by Sivalenka Krishna Prasad, 'Yashoda' will have Tamil actress Varalaxmi Sarathkumar in an important role as well.

The makers of 'Yashoda' aim to release it in Telugu, Tamil, Malayalam, Hindi and Kannada simultaneously. **–IANS**

Back off, body-shamers

Bollywood actor Kajol recently grabbed attention when attended filmmaker Apoorva Mehta's 50th birthday bash, hosted by none other than Karan Johar itself. On the star-studded night, Kajol kept cameras clicking in a black off-shoulder bodycon dress and her dazzling smile.

While some took to social media to appreciate her style statement, there were also a few who slammed the actress for her outfit.

Soon after the derogatory comments were made, a user defended Kajol saying, "What's the issue here? She's not overweight. She has a normal body. What's the problem with that?" "She is healthy and looks her age. Just let her live," added another in the same post.

"Applaud that she dressed up boldly without wearing a corset or body shapewear to hide her tummy, celebrity unlike!! To see her do this I would've expected women appreciate than question pregnancy (sic)," yet another fan came out in support of the actress.